

Wellness Newsletter

USNH Yokosuka, Yokosuka, Japan

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Training for Resilience

One chilly Fall day, four motivated Hospital Corpsmen embarked on a rock climbing adventure at the sea cliffs in Jogasaki, Japan. On that day, they learned about courage, commitment, teamwork, and friendship. On that day, they built on the foundation that makes them resilient individuals and Sailors.

Resilience is the ability to adapt and recover from change and stress. Individuals who thrive when faced with change and stress actively seek out opportunities for growth in every circumstance. Resilience is not about making the perfect decision or taking the perfect action each time, but it is about practicing ways and strategies to cope and deal with a situation better the next time.

Resilience is enhanced through facing challenges that test your limits physically, mentally, and spiritually. While rock climbing, HN Vanessa Sein, HN Bryan McKenzie, HN John Thomas, and HN Deven Lewis grappled with personal insecurities and limitations, trust in self and others, and the perseverance to reach the top. It is surprising how much climbing over a bunch of rocks to reach the top while relying on a single person holding your life line can teach about making an honest self-evaluation of your strengths and weaknesses, accepting limitations, and accepting support or help when you need it.

Resilience is also fostered through developing strategies to recharge. Healthy bodies and minds require rest to allow restorative processes to bring us back to our normal state and strengthen us physically and psychologically. Restorative activities include being outdoors in nature, breathing clean fresh air, being around supportive friends and colleagues, and enjoying the satisfaction that follows conquering something tough and challenging.

Resilience can be gained through occupational and recreational activities, as we learn to trust our knowledge and skills and the team we are a part of to accomplish our mission – Here to serve and care.



Accepting help is not a sign of weakness, but having the wisdom to trust in teammates and utilizing the tools at hand to effectively accomplish the mission. HN Vanessa Sein is on belay.



HN John Thomas, HN Bryan McKenzie, HN Deven Lewis, and HN Vanessa Sein.

Article written by LCDR Adeline Ong



Spiritual Fitness

Spiritual Fitness is a term used to capture a person's overall spiritual health and reflects how spirituality may help one cope with and enjoy life. The Navy Chaplain Corps has developed a **Spiritual Fitness Guide**. This **self assessment** tool can help service members consider their own spiritual condition. You can find it at www.navy.mil/docs/SpiritualFitnessGuide.pdf. Participating in activities that are challenging, in the outdoors, or recreational can help improve your spiritual fitness. For more information and help with your Spiritual Fitness, contact your chaplain. Absolute confidentiality is guaranteed.

~ LCDR Vrieland, Chaplain

Physical Fitness

Rock climbing can be a very challenging workout. Climbing requires an optimum combination of technique and skills, strength and endurance, as well as motivation and mental perseverance. The sport of rock climbing can be beneficial for weight loss, increased muscle tone, and cardiovascular health and is an excellent activity to participate in to increase your overall level of fitness. Opportunities for rock climbing can be found at Yokosuka Outdoor Rec.

~ HN Morrison, Departmental PT Coordinator



Mental Fitness

The National Center for PTSD identified six factors for psychological resilience: positive outlook, spirituality, active coping, confidence, learning and making meaning, and acceptance of limits. Developing these skills helps us maintain and enhance our mental fitness to cope with life stressors. Activities, such as rock climbing can improve mental fitness. Strategies to develop resilience can be found at <http://www.med.navy.mil/sites/nmcasd/nccosc/Pages/welcome.aspx>

~ LCDR Ong, Psychologist

Nutritional Fitness

In a challenging environment, like rock climbing or the military, making the effort to plan for nutritious meals and snacks helps keep the mind and body healthy during challenging times. Eating breakfast daily is the first step towards energizing the day. A well rounded breakfast with lean protein, fiber and a little healthy fat works wonders to jump start metabolism and prevent over eating later in the day. For those who go long stretches without eating, incorporating a filling snack between meals with lean protein and fiber like a low fat yogurt or a small handful of nuts will aid in regulation of blood sugar to keep up strength, productivity, and a positive mood.

~ LT Cole, Nutritionist

